



EDUCARE SMALL SCHOOL
WATER AND HEALTHY FOOD POLICY

Our concern is always with the holistic and balanced development of our children. This Water and Healthy Food policy is supported by evidence which shows that water helps healthy brain and body function and that the food children eat can affect the way they learn and behave.

We want children to be able to make their own choices about what they eat and drink and to understand which choices are the best for them and why. We do not want to be prescriptive but we feel that we should influence what children bring to school in their lunch boxes. We have the following expectations for children's lunches and we hope that parents will support us:

- A balanced lunch meal with fruit and vegetables.
- A minimum of processed food.
- Attention to additives, hidden sugars, fats and artificial sweeteners.
- A reasonable amount of food which children will eat with enjoyment .
- Natural juices and not sweetened drinks apart from water.
- Only fruit as a mid morning or afternoon snack.

WE DO NOT ALLOW:

- Fizzy drinks, crisps, chocolate or excessively processed or sweetened foods.

We want children to understand that they can enjoy cakes, sweets and chocolate etc but that these items must be eaten sensibly and at the right times.

LUNCHTIME

We aim to make the sharing of food and the coming together as a group a pleasurable and social occasion. We try to endorse good manners and eating habits and encourage our children to value their food by eating with enjoyment and avoiding waste. We provide a comfortable, calm environment in which children can talk and eat in a relaxed way.

Lunchtimes run between 12.00pm – 1.00pm

The following guidelines are followed by all staff involved with children's lunches or food activities.

Health and safety:

- Staff and children wash their hands before lunch.
- Children who need to go to the toilet during lunch are reminded to wash their hands again.
- Any allergies or dietary requirements are checked.
- Food is stored in the fridge where necessary.
- Tables are wiped and cups, cutlery and mats cleaned with hot soapy water after lunch.
- The floor is swept and cleaned with a disinfectant wet wipe.

Good manners and eating habits:

We encourage children to:

- Unpack the contents of their lunch box on to their mat and store the box under their stool.
- Remain seated when eating and use quiet conversational voices.
- Not touch or share each other's food.
- Sit properly and try to use utensils correctly

We do not expect children to eat everything in their lunch but waste is discouraged and uneaten food sent home. We encourage children to eat as much as possible and not to eat sweet things first.

PARENTAL ROLE:

Parents are expected to support this policy as much as they can, not only by what they put into the lunch box but by being firm and clear about why they are doing so.

Parents should not send sweets in to school on birthdays or when children leave the school etc as this custom whilst very sociable is not in line with all parents wishes and is contrary to much of what we are teaching children about their health. It is possible that this situation will arise and then the sweets or cakes will be sent home with the child.

Parents should advise staff of any food in lunch boxes which needs to be refrigerated.

THE SCHOOL'S ROLE:

Educare offers every child a free computer screening and dietary advice with our dietician in their first years at school. This screening will identify any food intolerances and further advice will be available.

The school ensures that learning how to achieve and maintain good health is part of the curriculum. All children take part in cooking activities and the older children have a two-weekly Food Technology lesson during which they prepare, cook and taste food and learn about its production.

The school will always inform parents about any cooking activities or opportunities to eat food. If there are any doubts children will not be allowed to eat until the parent has been consulted.

DIETARY REQUIREMENTS:

Information about food intolerances, allergies and special dietary requirements is requested as part of the enrolment process. This information is displayed in the office. Any special foods or requirements are labelled and the information passed to the lunchtime supervisor.